

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

Danberu nan kiro moteru?

AUTHOR: SANDROVICH YABAKO
ARTIST: MAAM
2016



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWs: /A/NONYMOUS REDRAWER: PAP041



RakuenTranslations



Ikebukurotranslations.blogspot.pe



OKAY,
LISTEN
UP~

SUMMER
BREAK
HAS
ENDED.



BUT WE
HAVE TO
DECIDE
WHO'S
DOING WHAT
IN THE
ATHLETIC
FESTIVAL.

WE
MIGHT'VE
JUST COME
BACK FROM
VACATION,

CLASS B
HOMEROOM
TEACHER,
AIKA
SUMIKA
(30-YEARS-
OLD,
SINGLE)



OH MAN...
CAN'T BE-
LIEVE IT'S
ALREADY
TIME FOR
THIS.

SAKU-
RA
HIBIKI

ALRIGHT,
FIRST:
TUG-OF-
WAR





FINAL
E-
VENT

4-Min Relay!

Tamura Sudo,
Mikami Minori,
Sakura Hibiki,
Torisu Yuu

田中あき
松本あや
木村
黒山
青木きみこ
森口つばめ
目上マリン



アッ

WHAA
AAA~

アッ

ダンベル
何キロ持てる？

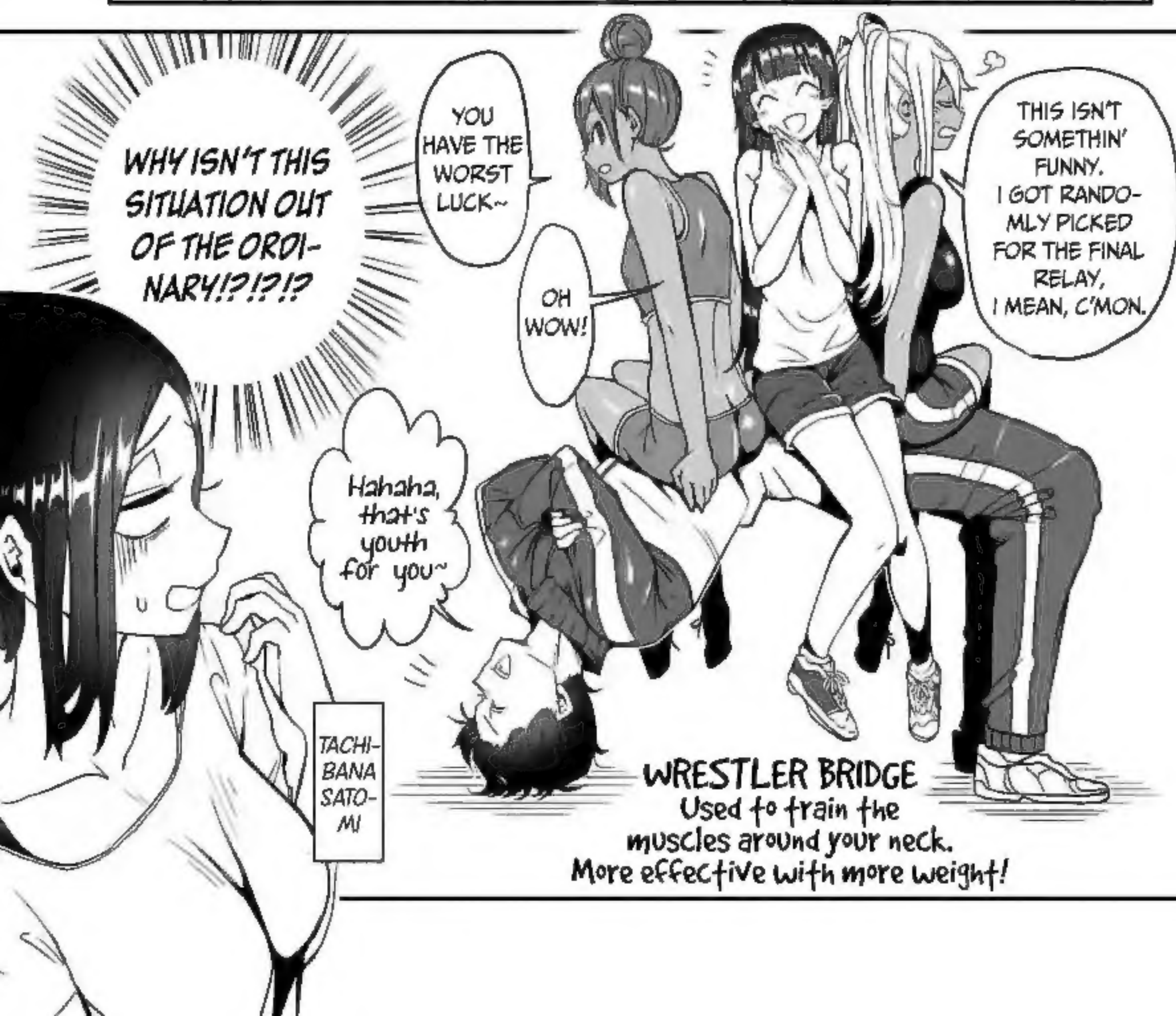




THAT'S
WHAT'S SO
OUT OF THE
ORDINARY

MA-
CHIO
NARU-
ZOU

HAHA-
HAH!
I SEE.



WHY ISN'T THIS
SITUATION OUT
OF THE ORDI-
NARY!?!?!?

YOU
HAVE THE
WORST
LUCK~

OH
WOW!

THIS ISN'T
SOMETHIN'
FUNNY.
I GOT RANDO-
MLY PICKED
FOR THE FINAL
RELAY,
I MEAN, C'MON.

Hahaha,
that's
youth
for you~

TACHI-
BANA
SATO-
MI

WRESTLER BRIDGE
Used to train the
muscles around your neck.
More effective with more weight!

YOU CAN
TELL
JUST BY
LOOKING.



SAKURA-
SAN,
ARE YOU
BAD AT
SPRINTING?

YOU SEE
ME AS
YOUR
BUDDY
IN ALL
THIS!?



AND,
WE'VE
GOT THE
BODIES
OF SLOW
RUNNERS!



THEY
HAVE THE
BODIES OF
FAST RUN-
NERS!

UE-
HARA
AYAKA

SO-
RYUUN
AKEMI

.....



DID YOU
JUST
INSULT
ME INDI-
RECT-
LY!??

SEE!?
SO LIKE,
WHEN YOU
THINK ABOUT IT,
THERE'S NO WAY
I CAN BEAT
ANYBODY,
EVER.
ESPECIALLY
SHORT-TERM.



BUT,
YEAH,
I DO SUCK
AT RUN-
NING.....





LEG CURLS

Basic posture

KEEP TENSION IN YOUR BUTT



YOU SHOULD LAY YOUR BODY LOW WITHOUT THE SEAT STICKING INTO YOUR STOMACH

IMAGINE YOURSELF LIGHTLY STRETCHING YOUR HIP JOINT



Lower them down, slowly.



Raise your heels without over-compensating with your lower back.




You do not need it to be extremely heavy.

This exercise is most effective at a weight you can perform 15 times per set.

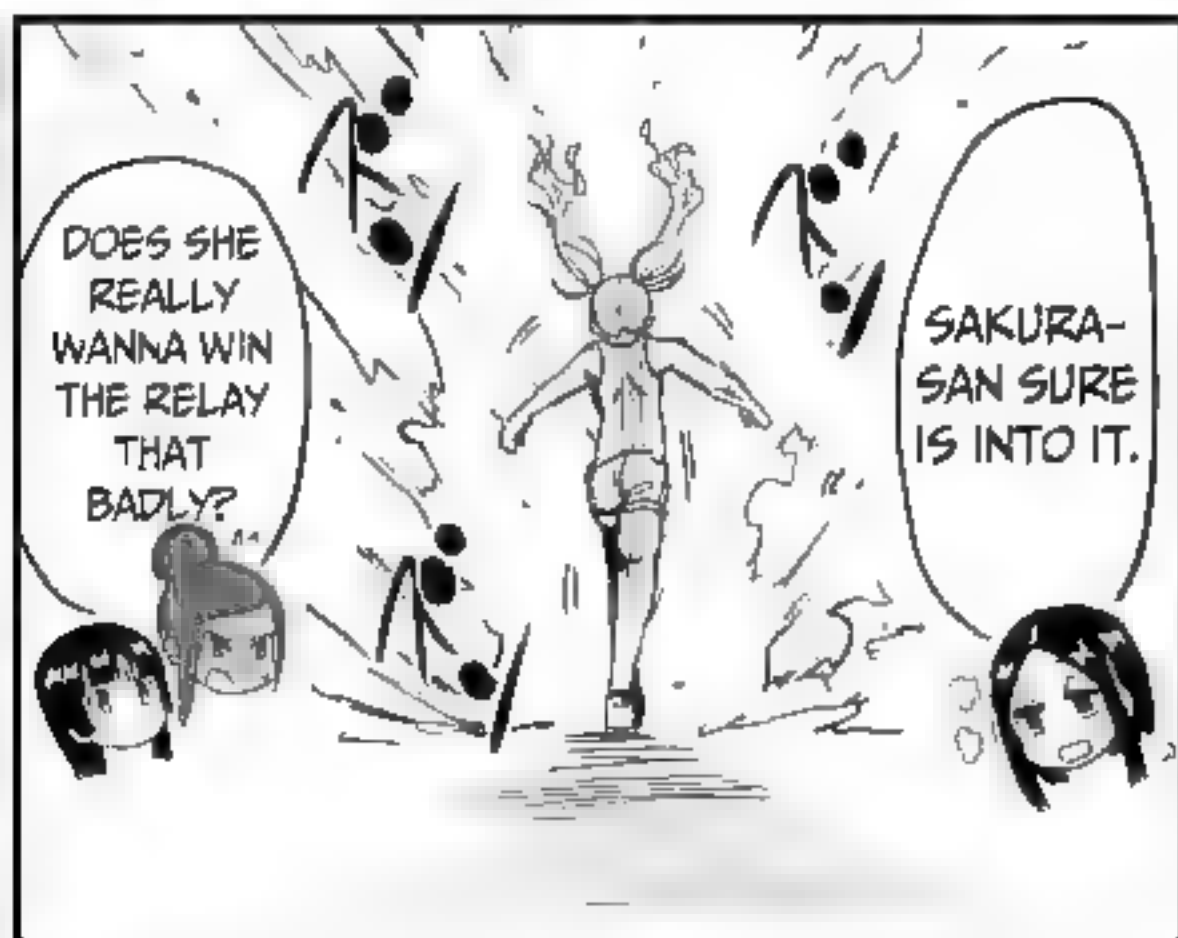


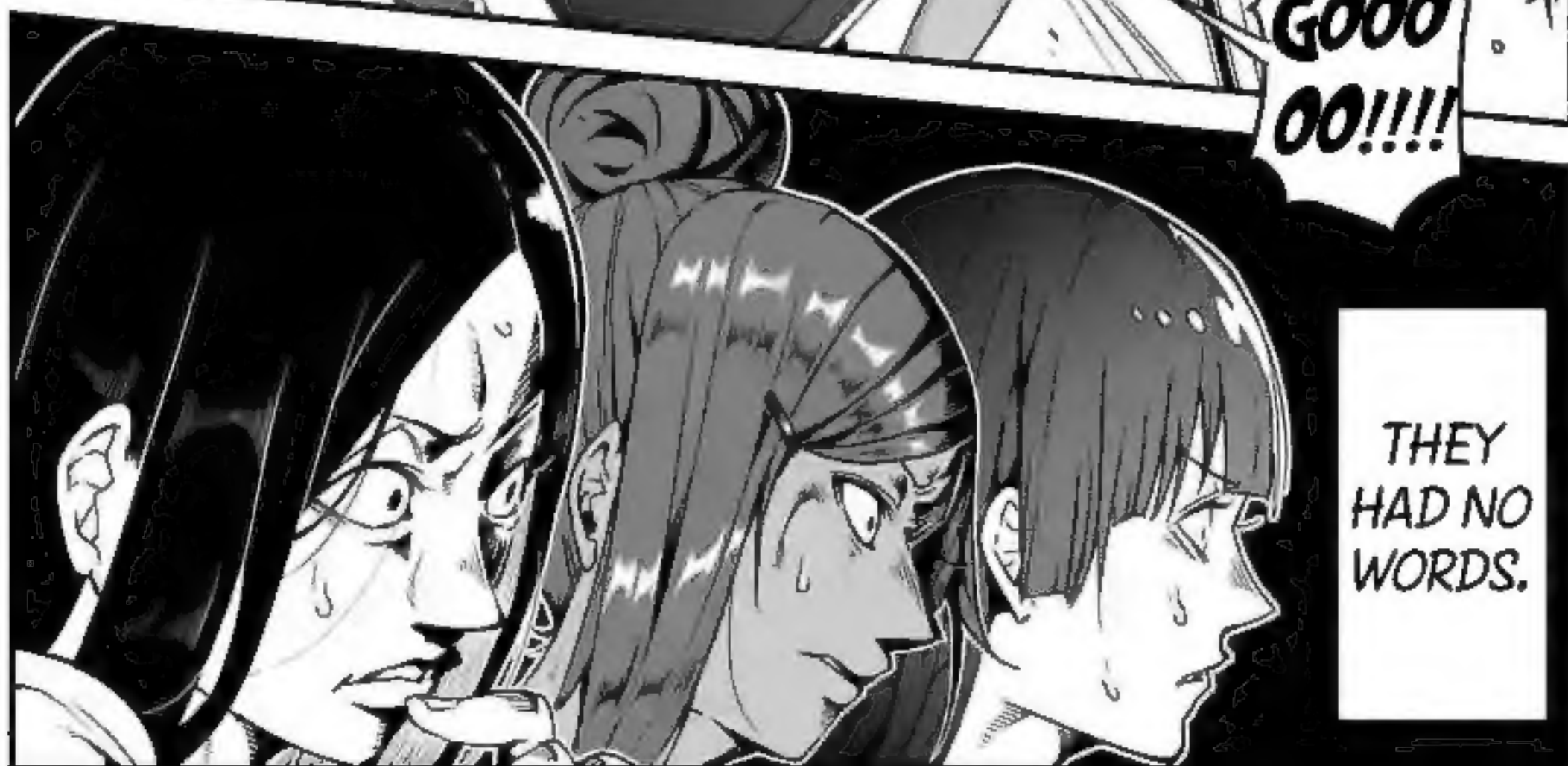
Try to bend your legs firmly until the pads touch your butt.



IF YOU
TRAIN YOUR
HAMSTRING,
THE EFFECTS
WILL ALSO
SHOW IN
YOUR WAIST.

GETTING
YOUR IDEAL
PHYSIQUE
AND GETTING
FASTER IS
TRULY
"TWO BIRDS
WITH ONE
STONE!"







NO.

BECAUSE
OF
HIBIKI'S
BLOOD-
CURDLING
EXPRES-
SION?



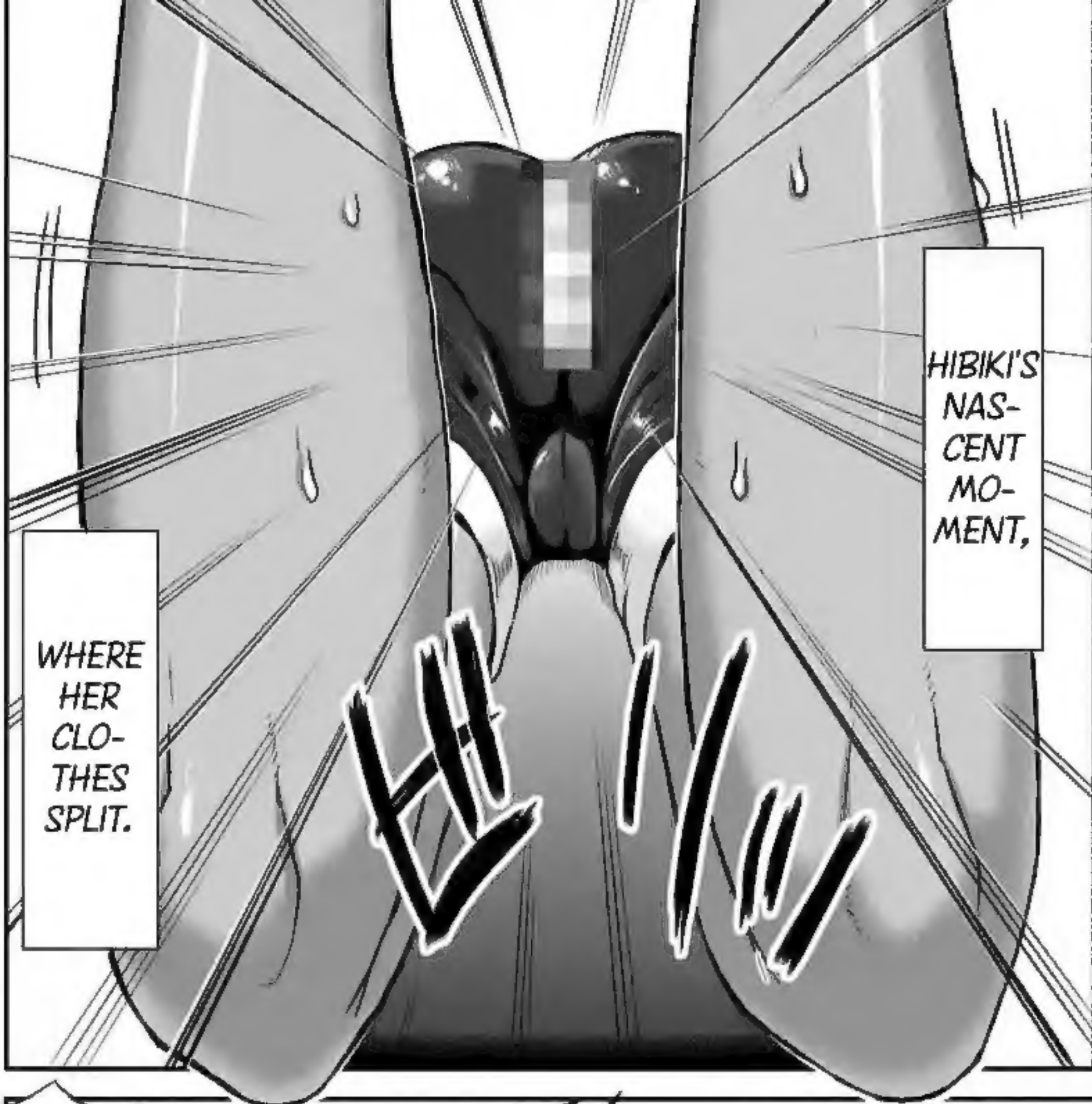
NO.

BECAUSE OF
MACHIO'S
SUDDEN
NEED TO
STRIP FOR
NO REASON
AT ALL?



THE
SCENE
THAT
UNFOL-
DED.

IT
WAS,



WHERE
HER
CLO-
THES
SPLIT.

HIBIKI'S
NAS-
CENT
MO-
MENT,



GET
BIGGER,
GET
HUUUU-
GE!!

GET
MUSCLE,
NICE
BULKING!!

SOI!

Ai...
Hibiki...
be-
hind...

SOI!

SOI!

HIBIKI'S
SPECIAL
TRAI-
NING
CONTI-
NUES.

FINAL BLOW

